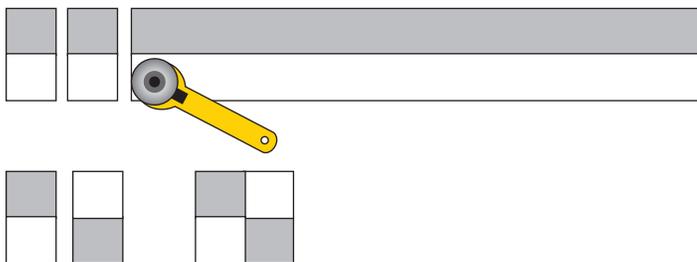


Pocket Prayer Quilts

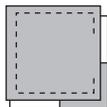
The finished mini quilt is approximately 3" square.

Pattern from Susan Naslund, Chapter 3
Foothills United Methodist Church, La Mesa California

1. Cut 2" strips of fabric from your scrap bag.
2. Stitch two of the strips together using a $\frac{1}{4}$ " seam allowance.
3. Cut the resulting strip into 2" pieces.
4. Flip the pieces and stitch together, matching seams and creating a four square pattern that measures approximately $3\frac{1}{2}$ " square.



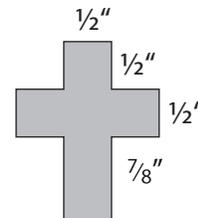
5. Cut $3\frac{1}{2}$ " squares from scraps to make the back of the quilt.
6. Place right sides together and stitch around the pocket using a $\frac{1}{4}$ " seam allowance and leaving an opening of about 1" on one end. (Note: Backstitch at beginning and ending of sewing.)



7. Turn right side out and press.

8. Insert foam cross (see diagram) and stitch all round about $\frac{1}{8}$ " from the edge.

To make cross:
Cut cross from 2mm craft foam as shown.
Overall size is $\frac{3}{4}$ " wide x $1\frac{7}{8}$ " high.



9. Attach tag. The wording is up to you, but here is a suggestion:

"This 'Pocket Prayer Quilt' was made especially for you to slip in your pocket or purse. Throughout the day when your fingers touch the cross that is tucked inside the quilt, be mindful of God's love and grace for you. Keep it as a tangible symbol of God's peace, or if you prefer, say a prayer for someone else and pass it along in the form of this tiny gift."

Note: Hope United Methodist Church, Chapter 2, is making these pocket prayer quilts as well. Instead of the foam crosses, they are using flat, inexpensive wooden ones. You can buy these in bags of 150 for about \$4.00 from Oriental Trading Company. www.orientaltrading.com; order number: IN-48/2763